

The new Y.

Building a regional focal point for healthy families and recreation



Is it a dream or could it be a reality this year?

What's Inside »



- 2011 A special challenge...
- Swimming curriculum...
- WOW!?
- An insightful couple...

PROGRESS ON THE NEW Y CAMPAIGN OVER THE LAST FEW YEARS:

- Purchased a well situated and well-sized property on Silver Lake Road!
- Completed site improvements to allow for immediate field-sport use!
- Achieved 50% of the Campaign goal to build the NEW Y essential phase!
- Designed the building to match highest community need including: Tennis and Swimming.

Over the last 18 months, the NEW Y campaign has been slower than desired...until now! One of the Y's early donor families called to say they wanted to see this project completed and available to our region IMMEDIATELY! This donor sees the timing for people in the construction industry trades along with the need for the NEW Y facility as being now!

To spark enthusiasm and additional donations, this family (who wishes to remain anonymous) has offered a \$2 Million Pledge/Challenge to the NEW Y Campaign! This \$2 Million Pledge/Challenge begins now through December 31, 2011 – whereby the campaign goal would be achieved allowing for construction in early 2012 – or lose the pledge.

With the news of this Pledge/Challenge, donations to the campaign have been increasing! Specifically, long-time supporter of the New Y, **The Oleson Foundation**, has increased its prior donation by \$300,000. Additionally, new donors, like the the Malone Family and prior donors alike, are supporting the campaign to help achieve this challenge! Every contribution or pledge before December 31st will count – Please consider supporting the completion of the NEW Y campaign!

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There are naming opportunities at all levels including:

- Naming of the Y facility
- Naming of the tennis facility
- Naming of the individual tennis courts
- Swimming lanes, and more...
- Check website for details

Now is the time to consider a gift that will benefit families in this region for generations!

Please contact the Grand Traverse Bay YMCA Board of Directors and/or Capital

Campaign Steering Committee members to discuss your ideas. Information can also be obtained at the Regional Community Foundation at **www.4good4ever.org**.

The time is now to complete the New YMCA campaign – our match deadline is December 31st

When growing up in Traverse City, what Y program was Carter Oosterhouse a part of?



WHAT MAKES THE YMCA'S SWIMMING PROGRAMS UNIQUE AND SO WELL RESPECTED?

Because it can begin in infancy and continue into old age, the YMCA program can be said to approach swimming with a "whole life" perspective.

The program begins with 6 month old infants as a parent-child activity. This training activity builds a special bond with the parent and a feeling of personal confidence for the infant.

And so it continues with a student centered program; preschool, school years, masters swimming (18 years to 90+) and water therapy for all ages.

The progressive and holistic approach takes the individuals through personal safety, personal growth, stroke development water sports/games, fitness and rescue skills.

The swim lessons program offers each student 6 different strokes: front crawl, backstroke, breaststroke, butterfly, elementary backstroke and sidestroke.

The ability to swim is a lifetime gift we wish to offer all people in the Grand Traverse region at the new Aquatics Center of our New Y.

See details of swim program. Visit www.gtbayymca.org.

How many employees does the Y have?

ANSWER: 7 full time and 162 part time





Regional Spotlight

The YMCA is a community asset that has served us well for decades. It is critical that the fund drive for a new facility is completed now.

Jim & Sue Dutmers, Leelanau County residents

NEW Y TO COMBAT YOUTH OBESITY

WOW! That's the best way to describe the results of the YMCA's Youth Working On Wellness program, or "Youth WOW".

YMCA Youth WOW is a two-pronged approach to healthy lifestyles for 10 – 17 year olds, focusing on healthy eating habits and regular exercise. "We've seen life-changing results from the program already," says Rebecca Galsterer, who heads up the exercise portion of the program. **"Most kids will lose a few pounds their very first week, and that really motivates them to continue on with the program."** A dedicated youth fitness area in the New Y will help, too, and the Oleson Foundation has stepped up to make that happen. Currently, the Youth WOW kids share space with YMCA adults, using old equipment designed for other needs. "We really need the New Y youth fitness facility!" says Galsterer.

The Oleson Foundation Health & Wellness Center at the New Y is

just what the doctor (and the fitness instructor!) ordered. Diane Roach, a registered dietitian at Munson Medical Center Outpatient Nutrition Counseling Center, leads the nutrition component of Youth WOW. Today's kids are facing an uphill battle for fitness. 13.9% of low income 2–5 year olds in Michigan are obese, and 18.2% of Michigan youth (age 10 – 17) are overweight.

"My portion with the Youth WOW program is to work with children and their parents on proper eating habits. I have found many people don't know even the basics of nutrition," said Diane. Through "developing healthy and satisfying eating habits" she defines both the parent's and the child or teen's job in eating.

What else can be said but, "WOW!"

Rebecca Galsterer at the Y can be reached at 933-9622 or rargaist@hotmail.com. Diane Roach can be reached at 935-8200 or droach@mhc.net.

Information on the Grand Traverse Bay YMCA programs can be found at its website at www.gtbayymca.org.

Where are the Y programs located in Leelanau County?

ANSWER: Y Pop Warner in Suttons Bay and Glen Lake

DAVE AND BETH HOWARD'S INTEREST IN Y TENNIS GAVE THEM A NEW VIEW



Dave Howard

For Dave and Beth Howard, taking a tennis lesson at the Y gave them a life-changing perspective. It was during those first few tennis lessons that they learned exactly what the Y is all about.

“Not only does the Y provide a wide variety of athletic programming for adults, it provides a nurturing, values-based environment for people of all ages to grow.” Beyond that the Howards saw a fun, yet positive and safe after-school environment for kids- something they believed was so important for youth in this day and age.

This belief in the future and the well-being of the youth in the community is what has driven the Howards to be one of the most significant and early supporters of the campaign for the new Y as well as the annual youth scholarship program 'Invest in Youth'. They believe it has to be a community effort, and one people should feel a sense of urgency about. The new Y is beyond the point of being a “want” for the community, and is now a dire need.

“One of the best attributes of the new Y, according to Dave, is the location. Just down the street from Traverse City West Junior High School, the new Y’s location is prime real estate for getting kids into safe after-school environments. ”

In addition the new Y will be next to two retirement housing communities, shopping and the new Historic Barns Park with the trail connecting all of these.

The new aquatic facilities that would be provided to youth are just one of the facets of the new Y that excites Dave and Beth Howard. **One estimate indicates that 40% of all seventh graders could not swim to save their own life or the life of a friend, is pretty alarming, especially with so many bodies of water in this region.**

The Howards are hopeful that the community can see the opportunity that comes with the new Y to continue to change lives both young and old.



A few tickets are left for this exciting event!

The exhibition will be held November 6 at the Grand Traverse Bay YMCA, 3000 Racquet Club Drive in Traverse City.

An adult tennis clinic will be held with the Jensens at 11:30 am and a youth clinic will be held at 12:00 pm. The Jensen Exhibition is at 1:00 pm.

Adult exhibition only: \$20.
Adult exhibition with clinic: \$45
Youth exhibition only: \$10
Youth exhibition with clinic: \$20

Tickets are available at the Y or by calling 933-9622

Traverse Area Association of Realtors proudly supports the YMCA and all of the families it will serve in the greater Grand Traverse area.



The new Y.
Every gift moves us closer
to our goal.

Mail to:

250 E. Front Street , Ste 310
Traverse City, MI 46984

community foundation

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
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☐ Check enclosed ☐ Credit card payment: ☐ Visa ☐ Master card

Name on card: _____
Account #: _____ Exp. Date: _____
Signature: _____

☐ My gift for 2011: \$ _____ ☐ My pledge for 2012: \$ _____
(Amount to be paid before December 1, 2012)

Gift in honor of, memorial for (circle one) _____

Please send notification to:

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
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**Online donations accepted at www.4good4ever.org.
Stock donations accepted by phone 231-935-4066**



Grand Traverse Bay YMCA
3000 Racquet Club Drive
Traverse City, MI 49684
(231) 933-9622
www.gtbayymca.org



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